

Chicken Ratatouille

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Olive oil		1 cup		2 cups
Chicken Breast, boneless, skinless 2 oz. size when cooked		50 each		100 each
Onion, Spanish, diced	2 lb		4 lb	
Eggplant, diced	2 lb		4 lb	
Zucchini, diced	2 lb		4 lb	
Green pepper, diced	2 lb		4 lb	
Mushrooms, fresh or canned, sliced	2 lb		4 lb	
Tomatoes, canned, chopped		2 #10 cans		4 #10 cans
Garlic, minced	2 oz		4 oz	
Dried parsley		4 Tbsp		1/2 cup
Black pepper, ground		2 Tbsp		1/4 cup
Dried Basil Leaves		4 Tbsp		1/2 cup

Directions

1. Heat oil in large tilt skillet
2. Sauté chicken 3 minutes on each side in hot oil.
3. Add onion, eggplant, zucchini, green pepper and mushrooms.
4. Continue to stir occasionally about 10 minutes.
5. Add garlic and cook 1 minute.
6. Add tomatoes, including the juice from the tomatoes to the chicken and vegetables.
7. Add the dried basil, parsley and black pepper.
8. Simmer chicken until thermometer reads 165° F internal temperature.
9. Serve 1 chicken breast with 3/4 cup (6 ounces) vegetables on top.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	200	
Total Fat	7 g	
Protein	20 g	
Carbohydrates	11 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	310 mg	

Meal Components

Fruits	1/2 cup
Vegetables	1/2 cup
Meat / Meat Alternate	2 ounces

Notes

Serving Tips: This dish can be served with rice.